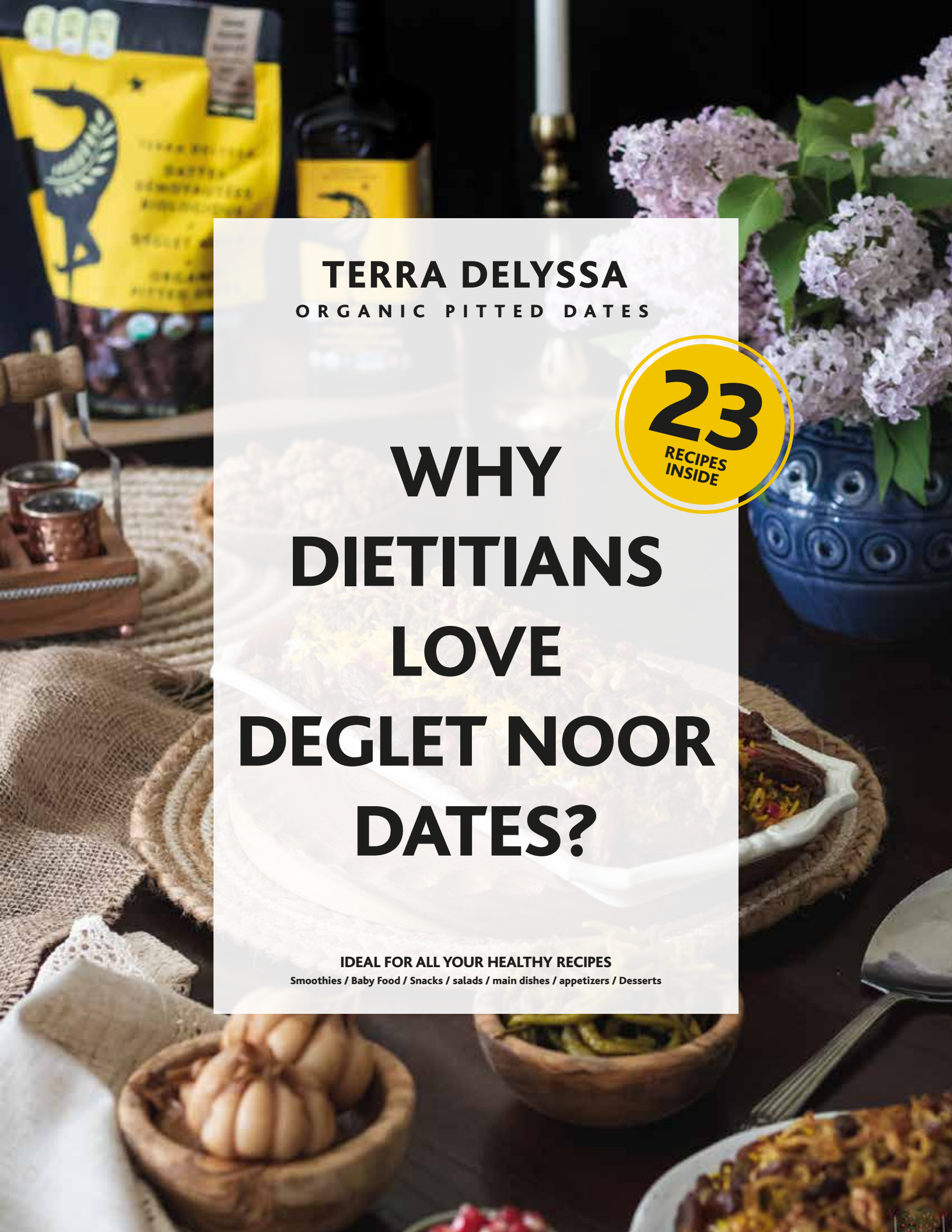


TERRA DELYSSA

ORGANIC PITTED DATES

23 RECIPES INSIDE

WHY DIETITIANS LOVE DEGLET NOOR DATES?

IDEAL FOR ALL YOUR HEALTHY RECIPES

Smoothies / Baby Food / Snacks / salads / main dishes / appetizers / Desserts

Dietitian Approved

Deglet Noor Dates

Melissa Rifkin, MS, RD, CDN

There is a lot of confusion out there about dates. Are they a fresh fruit or dried fruit? Do they contain added sugar? What is the right portion of dates? I'm here to say dates are your friend, and if they aren't currently on your grocery list, it's time to add them! Read on to learn more.

Many people think dates are a dried fruit because of their appearance; however, they are harvested directly from the date palm, cleaned, and packaged similar to other fresh fruits, like grapes and berries. Dates have long been a frequent snack of mine, and Terra Delyssa Organic Deglet Noor Dates are one of my favorites!

These dates are naturally sun-dried under the Mediterranean sun, hand harvested and pitted, and ready to be enjoyed on their own or as part of your favorite meal, snack, and even dessert!

One of the reasons I love dates so much is their natural sweetness. They contain zero added sugar, and their amazing caramel-like flavor is 100% natural and sure to satisfy any sweet tooth. Dates are also incredibly versatile and can be incorporated into savory dishes just as easily as desserts, and can be easily enjoyed on-the-go or as part of a multi-ingredient recipe.

TERRA DELYSSA

Super Food

The versatility of dates allows them to be enjoyed in so many ways. While I can grab a couple of dates for a quick snack as I head out the door, I often enjoy dates as part of a sweet and salty combo. Here are some of the simple ways I enjoy organic dates:

- STUFFED WITH GOAT CHEESE
- WRAPPED IN BACON
- DRIZZLED WITH NUT BUTTER

This only begins to describe how dates can be used in your everyday menu. Also consider adding chopped dates to a salad, blending them into your favorite brownie mix, smoothie, or energy ball recipe, and using them as a topper for your yogurt parfait or oatmeal.

Because dates can be eaten in so many different ways, it is a food that works for everyone. Dates provide iron, a nutrient valuable for all stages of life, and especially during pregnancy.

Adults, teens, kids, and even toddlers can enjoy dates in various forms. While your younger children may enjoy dates as part of their favorite energy ball recipe, your teen may use them as a quick fuel source before afternoon sports, and adults may choose to be more adventurous with how they incorporate dates into your day. For toddler, chopped dates are a fun finger food, and as they expand their eating horizons, they can enjoy any number of the ideas listed above for incorporating dates into meals and snacks. And, if you have any new eaters at home, pureed dates can be an excellent way to introduce them to this amazing fruit.

BOOST NERVOUS SYSTEM

PREVENT ANEMIA

STRONGER BONES

IMPROVES ENERGY

ALLEVIATE DIGESTIVE PROBLEMS

LOSE WEIGHT

IMPROVE HEART HEALTH

Dates are a wonderfully versatile, nutritious, and low-maintenance food that has a place in every meal plan. They can be enjoyed for their naturally sweet flavor and used as a nutritious way to add variety to your meals and snacks. If dates are a new food for you, rest assured you will find plenty of ways to enjoy their unique flavor. And, if you are a seasoned date-eater, lucky you for having enjoyed years of this nutrient-dense and naturally sweet treat!

TERRA DELYSSA

SMOOTHIES

Fat
Lipide
0g
0%
Fiber
Fibres
3g
12%
Cholesterol
0g
0%
SANS SUCRE AJOUTÉ
NO SUGAR ADDED
NON GMO
TERRA DELYSSA
DATTES DÉNOYAUTÉES BIOLOGIQUE
•
DEGLET NOOR
•
ORGANIC PITTED DATES
USDA ORGANIC
Certified GF Gluten Free

SMOOTHIE

Smoothie Bowl recipes with dates

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

SMOOTHIE

Healthy Dates Shake

A tasty and healthy treat for everyone. Enjoy this naturally sweet date shake It's an energizing snack and a delight all in one, made with just four ingredients and 100% plant-based.

Prep time:	Cook time:	Total time:	Servings:	Diet category:
4 hours	5 minutes	4 hours 5 minutes	2	Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 2 cups almond milk 472 mL
2. 4 TD pitted dates
3. 1/4 tsp vanilla extract
4. Pinch of cinnamon and salt
5. Almond milk as needed

DIRECTIONS

1. Freeze: Pour almond milk into an ice cube tray and freeze until solid, about 4 hours.
2. Blend: Add almond milk ice cubes, dates, vanilla, cinnamon, and salt to a blender. Slowly drizzle in almond milk as you blend, as needed, until you reach a smoothie consistency.

Dates & Fig Smoothie

How about a Fig & Date Smoothie? This smoothie is packed with antioxidants, minerals and vitamins. It's also naturally sweetened using our pitted dates to make this smoothie a great healthy breakfast option!

Prep time:	Cook time:	Total time:	Servings:	Diet category:
5 minutes	0 minutes	5 minutes	2	Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 2 Figs, quartered
2. 1 Banana, sliced
3. 4 TD pitted Dates
4. 2 Tbsp Oats
5. 1/4 tsp Cinnamon powder
6. 3/4 cup Light coconut milk You can use any milk of your choice
7. Handful of ice

DIRECTIONS

1. Add all ingredients minus toppings to a blender and blend until smooth.
Top with banana slices, chocolate chunks, and extra peanut butter (optional).

SMOOTHIE

Creamy Dates & Coffee Smoothie

Delicious and creamy! Start the day off right with this energizing coffee and date smoothie, which will give you a good surge of energy.

Prep time: 5 minutes	Cook time: 0 minutes	Total time: 5 minutes	Servings: 4	Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1 cup black coffee, cooled (or cold brewed)
2. 1 cup unsweetened almond milk, chilled
3. 1/2 cup rolled oats
4. 1 banana, peeled (fresh or frozen)
5. 3 TD pitted dates
6. 1 tbsp chia seeds (optional)
7. 1/2 tsp pure vanilla extract
8. Large handful of ice cubes (5-6)

DIRECTIONS

1 Place all the ingredients in a high-powered blender and blend until smooth.

Once blended, taste and adjust according to preferences such as adding more milk to thin out the smoothie or more dates for added sweetness.

Best served immediately.

Smoothie Bowl

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Dates, Chocolate & Peanut Butter 'Smoothie Bowl'

Upgrade your breakfast with this smoothie bowl. Thick and creamy blend of fruits that you can eat with a spoon. Top it with fresh fruits, granola or any other topping you prefer for an easy and healthy start of the day.

Prep time: 5 minutes	Cook time: 5 minutes	Total time: 10 minutes	Servings: 2	Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1/4 cup almond milk
2. 1 Tablespoon cocoa powder
3. 1 Tablespoon peanut butter
4. 2 frozen bananas cut into slices
5. 3 TD pitted dates
6. pinch cinnamon
7. banana slices, chocolate chunks, peanut butter toppings (all optional)

DIRECTIONS

1 Add all ingredients minus toppings to a blender and blend until smooth.
Top with banana slices, chocolate chunks, and extra peanut butter (optional).

Dates & Salted Caramel 'Smoothie Bowl'

Start your day off deliciously with this dreamy combination of dates and salted caramel in a creamy smoothie bowl! Ready to tantalize your taste buds, it's the perfect way to jumpstart any morning.

Prep time: 5 minutes	Cook time: 5 minutes	Total time: 10 minutes	Servings: 2	Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1/4 cup almond milk
2. 1 Tablespoon cocoa powder
3. 1 Tablespoon peanut butter
4. 2 frozen bananas cut into slices
5. 3 TD pitted dates
6. Pinch of cinnamon
7. banana slices, chocolate chunks, peanut butter toppings (all optional)

DIRECTIONS

1. Freeze: Pour almond milk into an ice cube tray and freeze until solid, about 4 hours.
2. Blend: Add almond milk ice cubes, dates, vanilla, cinnamon, and salt to a blender. Slowly drizzle in almond milk as you blend, as needed, until you reach a smoothie consistency.

SMOOTHIE BOWL

Dates & Walnut Granola

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

This granola with dates is healthy and easy to make. It is a perfect wholesome snack for your breakfast table or as an evening treat. The sweet, crunchy, thick and chewy texture of this granola is sure to please everyone.

Recipe Creator: Shiva, Lilyrose Cafe

Prep time: 4 hours

Cook time: 5 minutes

Total time: 4 hours 5 minutes

Servings: 2

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. **2 cups rolled oats**
2. **1 cup walnuts, coarsely chopped**
3. **3 fresh TD pitted dates, coarsely chopped**
4. **2 teaspoons vanilla powder or 1 teaspoon ground cinnamon**
5. **1/4 teaspoon salt**
6. **1/4 cup coconut oil, or oil of your preference**
7. **1/4cup pure maple syrup**

DIRECTIONS

1. **Preheat oven to 350 degrees.**
2. **Add all dry ingredients (excluding the chopped dates) to a mixing bowl and stir to combine. Add coconut oil and pure maple syrup to a small bowl and microwave (or heat on stove top) for 10 seconds or so or until melted. Pour the maple/coconut oil over the oat mixture and use a spoon to stir until everything is coated.**
3. **Pour the granola mixture onto a baking sheet and form a rectangle so that ingredients aren't spaced out. Bake for 35 to 40 minutes on the center rack of your oven or until granola is crispy and golden brown.**
4. **Half-way through baking, mix granola around on the baking sheet with a spatula so that it bakes evenly. Remove from the oven and allow the granola to cool at least 10 minutes – this is where the clustering magic happens! Add the chopped dates before serving with yogurt, milk and/or fruit!**

BABY FOOD

Baby food recipes with dates

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Dates Paste for Babies

Dates are a nutritious dry fruit loaded with important minerals and nutrients. Babies and toddlers don't need all the sugar, but they do need dates. A sweet and healthy alternative to purees and mashed foods, dates paste is an easy way for fussy eaters and new moms to introduce solids.

Prep time: 10 minutes	Cook time: 5 minutes	Total time: 15 minutes	Servings: 1g	Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. Dates - 5 big ones
2. Water 2 tbsp

DIRECTIONS

1. Add hot or warm water to the pitted dates till it immersed level. Soak the dates in water for 5 to 10 minutes. Alternatively, you can also soak the dates overnight in water.

   When the dates are soft enough to mash/grind, transfer to a blender along with soaked water. Grind it to a smooth paste. Don't add all the soaked water at once. Add little by little. The date paste should be smooth and thick

Dates & Roasted Pear Puree

Your baby will enjoy the flavor of this pureed date and roasted pear. Stuffed with healthful dates, roasted pears, and an orange squeezed for a little zest!
Great for Stage 2 or 3 babies - older than six months.

Prep time:	Cook time:	Total time:	Servings:	Diet category:
5 minutes	30 minutes	35 minutes	20 ounces	Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 5 dried TD pitted dates
2. 3 pears, peeled, cored and sliced
3. 1 orange, juice

DIRECTIONS

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper or silicon mat.
2. Place pears on the baking sheet, put into the oven and roast for 30 minutes. Let cool slightly.
3. Meanwhile, place the dates in a small bowl and cover with hot water, Let sit for 10 minutes. Drain.
4. Transfer the pears and dates to a blender or food processor. Add in the orange juice. For a Stage 2 Puree – puree for 1-2 minutes or until completely smooth, adding in water in tbsp increments if needed.
   For a Stage 3 Puree – pulse in 10 second increments until ingredients are completely mixed together yet still chunky.
5. Serve warm for an extra special treat.

Dates Pancake for kids

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Don't let the name fool you! Dates are one of the most nutrient-dense natural sweeteners out there. They're sugar-free, high in fiber and full of antioxidants. Our Date Pancake is a perfect way to sneak extra dates into your kids' diet!

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Servings: 6

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1 cup All-purpose flour or gluten free flour
2. 15 TD pitted Dates
3. 1/2 tsp baking powder
4. 1/2 cups Milk, skim or enough to make a thick batter
5. 1 tsp Vanilla extract

OTHER INGREDIENTS

1. Butter or cooking spray- to grease the pan
2. Honey or Maple syrup

DIRECTIONS

1. Combine all purpose flour or gluten free flour with baking powder.
2. In a blender, grind the flour/baking powder mix, dates and milk to a thick batter consti-tuency.
3. Pour the pancake batter into a bowl, add the vanilla extract and combine well.
4. Place a non-stick pan over medium heat, add 1/2 tbsp butter or spray with non-stick cooking spray.
5. Pour a large spoonful of pancake batter on the pan. Let the bottom side turn golden brown in color.
6. Flip it over and cook the other side as well. Don't keep the heat to high as the pancake will burn very fast, so adjust the heat accordingly.
7. Transfer to a plate and drizzle honey or maple syrup over it, serve warm. Refrigerate any leftovers as this makes a great evening snack as well.

SNACKS

Stuffed Dates

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Peanut Butter Stuffed & Chocolate covered Dates

The ideal gift for your friends or family.
This delightful and healthy snack is also gluten-free and vegan!

Prep time:	Cook time:	Total time:	Servings:	Diet category:
25 minutes	0 minutes	25 minutes	12	Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 12 TD pitted Dates
2. 4 tablespoons Peanut Butter
3. 7 ounces Dark Chocolate, 70% Cocoa Content (200 grams)
4. A few Sprigs of Dried Lavender , optional

DIRECTIONS

1. Fill each date with peanut butter. I only use about ½ teaspoon of peanut butter for small dates and ¾-1 teaspoon for large dates. Place them on a tray/plate and put them in the freezer for 10-15 minutes (See note 5).
2. Meanwhile: Finely chop the chocolate and set aside. Place a sheet of baking parchment paper over a chopping board large enough to hold a wire rack (See note 6) .
3. Melt the chocolate over a pot of simmering water (double boiler). Dip each date in the melted chocolate and transfer onto a wire rack (or aluminum foil or baking parchment).
4. Melt the chocolate over a pot of simmering water (double boiler). Dip each date in the melted chocolate and transfer onto a wire rack (or aluminum foil or baking parchment).

Dates & Cherry energy balls

The recipe for these no-bake dates cherry energy balls is surprisingly simple and tasty! They are a tasty, healthy snack that is always available because they are stocked with wholesome ingredients and kept in the freezer. Additionally, using frozen cherries makes these tasty treats available all year long!

Prep time:	Cook time:	Total time:	Servings:	Diet category:
15 minutes	0 minutes	15 minutes	20	Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 10 TD pitted dates roughly chopped
2. 1 cup rolled oats
3. 1/2 cup pecans
4. 2 tsp vanilla extract
5. 20 frozen cherries
6. 1-3 tbsp water - optional
7. 4 tbsp chia seeds

DIRECTIONS

1. Process the TD dates, oats, pecans and vanilla extract in a food processor for few minutes until you reach a very smooth and sticky texture. Depending on your dates, you might need to add a few tbsp of water to help process the mixture.

2. Press about 2 tsp of the dough in the shape of a circle of about 2 inches, put a frozen cherry in the middle, and wrap the dough around the cherry. Completely cover the fruit with the dough to make sure the ball holds together, pressing the extremities on top of each other. Roll the ball in between your hands and set aside. Keep going until you used all the dough.

3. Then, roll the balls in chia seeds while applying a gentle pressure to make them stick to the balls. You could use a different topping, like unsweetened shredded coconut, hemps seeds or sesame seeds, if you prefer. They add a fun crunch!

4. Keep the raw bites in the freezer for up to 3 months. I like to eat them straight from the freezer, but you can also thaw them at room temperature for 5 minutes before enjoying.

SALADS

Fat
Lipide
0g
0%
Fiber
Fibres
4g
14%
Cholesterol
Cholestérol
0g
0%
SANS SUCRE AJOUTÉ
NO SUGAR ADDED
NON GMO
TERRA DELYSSA
DATTES DÉNOYAUTÉES BIOLOGIQUE
•
DEGLET NOOR
•
ORGANIC PITTED DATES
USDA ORGANIC
POIDS NET / NET WEIGHT 35.3 oz . 1Kg

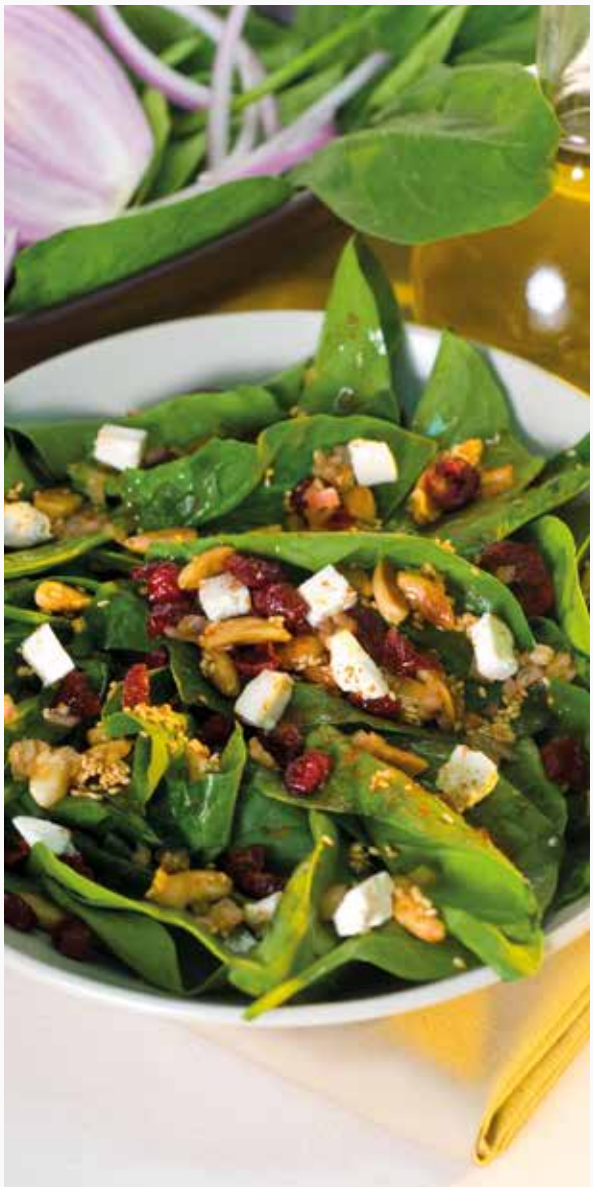
Spinach Salad with Dates

Hooray for spinach! This healthy salad with dates is super easy to make and it tastes great!

Prep time: 5 minutes	Cook time: 10 minutes	Total time: 15 minutes	Servings: 4	Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 2 TD pitted dates, plus 3/4 cup chopped dates
2. 1 teaspoon finely grated lime zest
3. 1/4 cup lime j[illegible]
4. 2/3 cup vegetable oil, divided
5. Kosher salt and freshly ground black pepper
6. 4 large shallots, thinly sliced
7. 1 bunch flat-leaf spinach, trimmed



DIRECTIONS

1. Blend whole dates, lime zest, lime juice, and 1/3 cup oil in a blender until smooth; season with salt and pepper.
2. Heat remaining 1/3 cup oil in a medium saucepan over medium-high heat and cook shallots, stirring often, until golden brown and crisp, 5–7 minutes; drain on paper towels and season with salt.
3. Toss spinach and chopped dates with dressing. Top with fried shallots.

Pistachio Date Quinoa Salad

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

A tasty salad that is equally diverse. For the finest flavor, serve warm.

Prep time: 4 hours

Cook time: 5 minutes

Total time: 4 hours 5 minutes

Servings: 2

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1/2 cup (85 g) quinoa, uncooked
2. 1/2 teaspoons cumin seeds
3. 1/2 teaspoon fennel seeds
4. 3/4 cup + 2 Tablespoons / 210ml water
5. 1/4 teaspoon salt, optional
6. 12 Tablespoon (25 g) small yellow onion, diced
7. 1 Tablespoon (12 cups) fresh spinach
8. 1/4 cups (15 g) Italian flat leaf parsley, chopped
9. 1/2 Tablespoon (75 g) chickpeas, drained, rinsed
10. 1/2 cup (80 g) dates, pitted
11. 1/2 cup (40 g) pistachio nuts, toasted, shelled

DIRECTIONS

1. Pour quinoa into a 2-quart pot and toast over medium heat for 3 to 4 minutes until the grains are dry and lightly toasted.
2. Add cumin and fennel seed and toast another minute, then add water and salt. Bring to a boil, stir a few times, and cover with a lid.
3. Reduce heat to low and cook for 20 to 22 minutes, until all of the water is absorbed and grains are tender. Cool for 5 minutes.
4. While the quinoa is cooking, combine the onions, spinach, parsley, chickpeas, and dates in a mixing bowl.
5. Place the pistachios into the Vitamix container and secure lid. Start the blender on its lowest speed, and slowly increase speed to Variable 4.
6. Blend for 5 to 10 seconds to chop the pistachios. Add the chopped pistachios to the salad mix in the bowl.

PISTACHIO DATE QUINOA SALAD

Pear & Date Salad

This easy pear and date salad is an easy, healthy and delicious side dish that you can make in no time.

Prep time:	Cook time:	Total time:	Servings:	Diet category:
5 minutes	0 minutes	5 minutes	2	Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. TD extra virgin olive oil
2. Salt
3. Black pepper
4. 1/2 lemon, juiced
5. 1 tsp coarse ground mustard
6. 4 cups arugula, washed and dried
7. 4 TD pitted dates
8. 1 pear, thinly sliced
9. A few shavings of parmesan cheese

DIRECTION

1 Blend the olive oil, maple syrup, mustard and lemon juice in a small blender. Meanwhile, wash the salad and set aside. Slice the pears thinly, chop the dates and add both to the bed of lettuce. Dress with the salad dressing and serve.

Superfood Salad with Dates

This superfood salad with Terra Delyssa Organic dates & EVOO is an excellent way to get your daily dose of healthy fats and fiber.

By: Food by Jonister

Prep time: 10 minutes	Cook time: 2 minutes	Total time: 12 minutes	Servings: 4	Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1 cup Dates, roughly chopped
2. 3 cups Kale, de-stemmed & roughly chopped
3. 1/2 cup Garbanzo Beans, drained & rinsed
4. 1 Avocado, sliced
5. 1/2 cup Seedless Cucumber, diced
6. 1/3 cup Red Onion, thinly sliced
7. 1/4 cup Pistachios Nuts, chopped
8. 2 Tablespoons Organic Extra Virgin Olive Oil
9. 1 Lemon, juiced
10. 1/4 teaspoon Sea Salt

DIRECTIONS

1. Thoroughly wash and dry the kale, then remove the stems and roughly chop. Prepare the other ingredients.
2. Add the kale to a salad platter then top with the remaining ingredients.
3. Serve immediately or store in the refrigerator for up to 3 days.

MAIN DISHES

Mediterranean Rice with Lentils & Dates

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

MAIN DISHES

It tastes like "The Explosion of Pleasant Flavors"! If you have not tried Adas polow, consider it for your next festive time and surprise everyone with this addictive, absolutely delicious, gourmet traditional Persian dish.

By: Shiva, Lilyrose Cafe

Prep time: 30 Minutes

Cook time: 50 minutes

Total time: 1 Hour and 20 Minutes

Servings: 4

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. **Basmati Rice: 3 cups**
2. **Lentils: 1 & 1/4 cups**
3. **Extra Virgin Olive oil: 6_8 tbsp.**
4. **Extra Lean Ground Beef: 1 l.b**
5. **1 medium for the beef & 1 small for the onion chips**
6. **Garlic Cloves: 3_4**
7. **Dates: 1 cup**
8. **Raisins: 1/2 cup**
9. **Walnuts: 1/3 cup**
10. **1 tsp. ground saffron**
11. **Turmeric, Cinnamon, Salt, black Pepper & mixed spice blend**

DIRECTIONS

1. **Wash and soak the rice with 1 tbsp. salt for at least 2 hours.**
2. **Soak the lentils for 1 hour.**
3. **Bring 2 cups of water to a boil. Add the rinsed lentils. Lower the heat let them cook halfway through. (It takes 15 to 20 minutes). Towards the end of cooking add a tsp. salt and stir.**
4. **Drain the lentils and set aside.**

APPETIZERS

Date Focaccia Bread

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Who knew that olive oil and dates could make such delicious focaccia bread? This unique recipe developed by Shiva from @lilyrose.cafe who says the key to her recipe is the high quality ingredients and a little bit of creativity. Your kitchen will smell like heaven after you bake this Date focaccia bread.

By: Shiva, Lilyrose Cafe

Prep time: 30 Minutes

Cook time: 25 minutes

Total time: 4 Hour & 25 Minutes

Servings: 4

Diet category: Vegetarian, Vegan (If Cheese is Omitted)

INGREDIENTS

1. 420 g All-purpose flour
2. 1 tsp. Honey
3. 1 1/2 cup warm water
4. 2 1/4 tsp. Active Dry Yeast
5. 7 tbsp. Extra virgin Olive oil & 2 tsp. salt
6. 1/4 cups Dates
7. 1/4 cup Basil leaves
8. 1/3 cup Pecans or walnuts & 2 Sprigs of thyme
9. 1/4 cup grated parmesan cheese
10. 1 tbsp. Sesame seeds

DIRECTIONS

1. In a bowl, add warm water and honey and stir to combine. Add the yeast to the water. Give it a quick stir to mix with the water. Let it sit for 5_10 minute until foamy.
2. In a big bowl, add flour and salt and mix. Pour in the yeast mixture, add a tbsp. olive oil, and use your hands or a spatula to stir the mixture together until the dough forms. Transfer the dough to a lightly greased bowl
3. Use the stretch and fold method to develop gluten strands. Dip your hands in water to prevent sticking and do four stretches and folds: grab and pull up one corner of the dough from underneath and gently lift up and stretch it without tearing the dough then fold it over onto itself. Rotate the bowl and continue this process 3 more times.
4. Cover it with plastic wrap and rest for 45 to 60 minutes at room temp. Repeat the process three more times. Cover and let the dough rest for 30 minutes each time.
5. Pour 2 tbsp. of the olive oil into a baking pan or skillet to coat the bottom. Transfer the dough to the pan. Gently press the dough and stretch the dough to the edges. Cover the pan with a damp towel or plastic film and leave it to rise for an hour.
6. Grind the pecan and basil with a tbsp. of olive oil and a pinch of salt. Chop the dates and walnuts and grease them with olive oil.
7. Drizzle a tbsp. or 2 of olive oil evenly all over the top of the dough and use your fingertips to poke deep dents. Top the focaccia with toppings. Sprinkle parmesan cheese and sesame seeds and thyme over the top of the bread. Cover the dough again and let it rest for half an hour.

Goat Cheese Stuffed Bacon Wrapped Dates

ORGANIC DEGLET NOOR DATES

APPETIZERS

These Goat Cheese Stuffed Bacon Wrapped Dates with Rosemary Honey are quick, and easy and everyone loves them. The dates provide a sweet balance to the savory cheese stuffing inside each one. Enjoy!

Prep time: 15 Minutes

Cook time: 24 Minutes

Total time: 40 Minutes

Servings: 24

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 24 Organic Pitted Dates
2. 6 ounces creamy goat cheese
3. 12 slices thinly sliced bacon, cut in half
4. 1/3 cup honey
5. 1 tablespoon chopped fresh rosemary
6. 1/2 teaspoon cayenne pepper (or to taste)
7. Salt and pepper (to taste)
8. Toasted walnuts

DIRECTIONS

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

2. Stuff each date with goat cheese, then gently squeeze to seal. Wrap each date with bacon and place seam side down on the prepared baking sheet. Repeat with the remaining dates.

3. In a small bowl, combine the honey, rosemary, cayenne, and a pinch each of salt and pepper. Evenly drizzle 1/2 the honey over the dates. Make sure to coat the bacon in honey so that it caramelizes in the oven.

4. Transfer to the oven and bake 20-25 minutes, until the bacon is crisping. Serve warm or at room temperature with any remaining honey and walnuts.

GOAT CHEESE STUFFED BAKEN WRAPPED DATES

DESSERTS

Brownies with Date Fudge Frosting

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

If you've never made brownies with olive oil before, then you must try these Olive Oil Brownies! You will be amazed at how moist and fudgy the texture is with using oil instead of butter.

By: Christina Marsigliese, Scientifically Sweet

Prep time: 15 minutes

Cook time: 19 minutes

Total time: 35 minutes

Servings: 16 brownies

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 142g dark bittersweet chocolate (70% cocoa)
2. 1/3 cup plus 1 tbsp 90ml Extra Virgin Olive Oil
3. 2 large eggs room temperature
4. 3/4 cup 150g granulated sugar
5. 1 tsp 5ml pure vanilla extract
6. 1/4 tsp salt
7. 1/2 cup 71g all-purpose flour
8. 3 tbsp 18g cocoa powder
9. 1/2cup 85g dark chocolate chips

FROSTING

1. 1 cup 165g packed Pitted Dates
2. 2 tbsp 30ml peanut butter
3. 3 tbsp 18g cocoa powder
4. 2-3 tbsp 30-45ml warm water
5. 1/2 tsp pure vanilla extract
6. 1/8 tsp salt

DIRECTIONS

1. Preheat your oven to 350°F. Line an 8-inch square pan with parchment paper leaving about 2 inches of overhang at each side.
2. For the brownie batter, place the chopped chocolate in a heatproof bowl and melt gently over a saucepan of barely simmering water or melt in the microwave in short bursts with frequent stirring. Stir until the chocolate is smooth and glossy and then stir in olive oil until evenly incorporated.
3. Combine eggs, sugar and vanilla extract in a large bowl and beat with an electric hand mixer for 2-3 minutes until pale and fluffy. Add melted chocolate mixture and beat until well incorporated and homogeneous.
4. Combine flour, cocoa and salt in a small bowl and then sift over the chocolate mixture. Fold it in gently. Fold in chocolate chips. Spread the batter evenly into your prepared pan.
5. Bake for 20-24 minutes, until the top is shiny and crackly and a toothpick inserted into the center comes out with a few moist crumbs attached. Transfer pan to a wire rack and let cool completely.
6. For the frosting, place dates in a medium bowl and pour over enough boiling water to cover them. Cover the bowl and let stand for 5-10 minutes. Drain dates well and place them in the bowl of a food processor. Pulse until dates are broken down to smaller pieces. Add peanut butter and cocoa powder and process until smooth like a thick paste and it starts to form a ball in the bowl. Add hot water 1 tablespoon at a time and process until it reaches a smooth spreadable consistency, stopping to scrape down the sides frequently. Mix in vanilla and salt.
7. Spread the frosting evenly over the cooled brownies and top with your favorite sprinkles!

BROWNIES WITH DATES FUDGE FROSTING

Dark Chocolate Dates Bars

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

This rich and tasty recipe for dark chocolate date bars can be made with healthy ingredients to fit anyone's dietary needs. These bars don't contain any flour or butter which means they are gluten-free and dairy-free, and vegan!

By: Christina Marsigliese, Scientifically Sweet

Prep time: 15 minutes

Cook time: 19 minutes

Total time: 35 minutes

Servings: 8 bars

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1 1/4 cups 160g packed pitted dates
2. 1/2 cup 60g walnuts
3. 1/4 cup 30g dried cranberries
4. 1/4 cup 30g shelled roasted pistachios
5. 1/4 cup 35g pumpkin seeds
6. 1/4 cup 20g unsweetened finely shredded coconut
7. 3 tbsp 18g cocoa powder
8. 1 tbsp 15ml Extra Virgin Olive oil
9. 1/2 tsp pure vanilla extract
10. 1/8 tsp sea salt

- CHOCOLATE LAYER:

1. 3 oz 85g dark chocolate
2. 2 tsp 10ml Organic Extra Virgin Olive oil

- FOR TOPPING:

1. 3 oz 85g dark chocolate
2. 2 tsp 10ml Organic Extra Virgin Olive oil
3. 1 tbsp shelled chopped pistachios
4. 1 tbsp chopped dried cranberries
5. 1 tbsp pumpkin seeds
6. flaky sea salt

DIRECTIONS

1. Cover dates with boiling water and let soak for 5-10 minutes. Drain well.

2. Add dates to the bowl of a food processor and pulse until chunky. Scrape down the bowl and add walnuts, dried cranberries, pistachios, pumpkin seeds, coconut and cocoa powder. Process again until mixture is chunky and slightly clumping. Add olive oil, vanilla and salt and pulse a few times until the mixture holds together in clumps.

3. Scrape the mixture into an 8x4 inch loaf pan lined with parchment paper and press it firmly and evenly into the base.

4. Melt dark chocolate gently in a heatproof bowl set over a saucepan of simmering water or microwave in 30 second increments, stirring in between until chocolate is fully melted and smooth. Stir in olive oil. Pour over the bars, tilting pan so that the chocolate covers the bars evenly. Sprinkle chopped pistachios, dried cranberries and pumpkin seeds on top, then top with sea salt flakes. Refrigerate for 1 hour until the chocolate is set, then cut into 8 squares. Store covered in the fridge for up to 2 weeks.

Sticky Toffee Date Cake

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

If there's a cake so versatile that it suits any time of day, it's this Sticky Toffee Date Cake! Perfect for breakfast, tea time or dessert – this cake is so soft and moist with a light yet substantial texture.

By: Christina Marsigliese, Scientifically Sweet

Prep time: 15 minutes

Cook time: 19 minutes

Total time: 35 minutes

Servings: 10 slices

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

Date Cake:

1. 1 1/4 cups 170g Pitted Dates
2. 1 cup 240ml water
3. 1 1/3 cups 190g all-purpose flour
4. 1 tsp baking powder
5. 1/2 tsp baking soda
6. 1/4 tsp ground cinnamon
7. 1/4 tsp ground nutmeg & 1/4 tsp salt
8. 1/3 cup 80ml Extra Virgin Olive Oil
9. 2/3 cup 145g packed light brown sugar
10. 1 tsp orange zest optional
11. 2 large eggs &1/2 tsp pure vanilla extract

Toffee Sauce:

1. 2/3 cup 150ml coconut cream
2. 1/2 cup 110g packed dark brown sugar
3. 2 tbsp 30ml tahini
4. 1/2 tsp pure vanilla extract
5. 1/4 tsp salt

DIRECTIONS

1. Preheat your oven to 350°F. Line the base of a 9-inch round cake pan with parchment paper.
2. To make the cake, first prepare the dates. Place the chopped dates in a saucepan with the water and bring to a gently boil. Place a lid on and cock it slightly and continue to simmer for 10 minutes. Remove from heat and mash the dates with a fork until it is a thick puree consistency with some soft chunks of dates. Set aside to cool for 5-10 minutes.
3. Sift flour, baking powder, baking soda, cinnamon, nutmeg and salt into a medium bowl and set aside.
4. In a large bowl, whisk together olive oil, brown sugar and orange zest (if you're using it) until blended. Whisk in eggs one at a time until well incorporated. Sift in dry ingredients and fold them in gently. Add the warm date mixture and fold in until well combined.
5. Spread batter into prepared pan and bake for 20-25 minutes until evenly golden and skewer inserted into the center comes out clean. Transfer to a wire rack to cool.
6. For the toffee sauce, combine all ingredients in a saucepan and whisk until smooth. Place the saucepan over medium heat and simmer for 6-7 minutes while whisking constantly until thickened. Pour it into a clean jar and serve warm over the cake.

Healthy Snickers Bars

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Snickers Bar Dates

No mistakes in creating, no mistakes in baking, I believe no right or wrong! it's simple, tender, it is just enjoyable! Just like a tango dance. so soft and delicate, like each scene of this video! That's what makes it so great! Enjoy each and every moment of the process, experience it, and live it to its fullest! Isn't it a meditation?! By: Shiva, Lilyrose Cafe

Prep time:	Cook time:	Total time:	Servings:	Diet category:
30 minutes	5 Hours	5 Hours & 30 Minutes	12	Vegetarian, gluten-free, dairy-free

INGREDIENTS

Base

1. 2 cups roasted unsalted peanuts
2. 1/3 cup Almond flour
3. 1 heaping cup dates, pitted
4. 1/4 teaspoons salt

Caramel

1. 1 &1/2 heaping cup dates
2. 3/4 cup warm milk of choice
3. 1/2 heaping tsp. Vanilla powder
4. 1 cup peanut butter, smooth or crunchy
5. 3/4 cup roasted lightly salted peanuts
6. 1/2 teaspoons salt

Coating

1. 300 g dark chocolate
2. 1 tbsp. coconut oil

DIRECTIONS

1. Base: Blend the peanuts in a food processor until they form a light crumb. Add in the almond flour, dates and salt and pulse until completely combined. The dough should be crumbly but should be pressed together between your fingers. If the dough is dry, add 1-4 tbsp. of warm milk of your choice, one at a time to adjust the consistency. @terradelyssa dates have enough moisture, so I did not need to add any liquid.
2. Transfer the dough to an 8x8-inch square baking pan lined with parchment paper.
3. Press the mixture firmly into the pan in an even layer and place in the freezer for 30 min.
4. Caramel: In a food processor, add the dates, peanut butter, vanilla powder, salt, and warm milk. Process until completely smooth. Add more milk, if needed, to adjust the consistency. Transfer the caramel to a bowl and add half cup of roasted peanuts, then stir well.
5. Remove the base from the freezer and spread the caramel over the base in an even layer using a spatula. Sprinkle the remaining cup of the roasted peanuts on top of the caramel and press them down lightly into the surface of the caramel using your spatula. Place in the freezer to set for at least 3 hours. (4 or 5 hours works better)
6. Lift the bars out of the baking tray cut into 12 bars. Place the bars back in the freezer while you prepare the chocolate coating.
7. Coating: Melt the chocolate and coconut oil. Drizzle the chocolate on top of the bars or dip them into the chocolate and sit them on top of a cooling rack to set.

Banana Bread with Dates

TERRA DELYSSA ORGANIC DEGLET NOOR DATES

Try this banana bread recipe with Terra Delyssa organic extra virgin olive oil and Deglet Noor dates for breakfast, teatime, or whenever you need your sweet tooth satisfied. It's perfect!

By: Food by Jonister

Prep time: 10 Minutes

Cook time: 50 Minutes

Total time: 60 Minutes

Servings: 8

Diet category: Vegetarian, gluten-free, dairy-free

INGREDIENTS

1. 1 3/4 cups All-Purpose Flour
2. 3/4 teaspoon Baking Soda
3. 1 teaspoon Sea Salt
4. 2 Large Bananas, mashed
5. 1/2 cup Extra Virgin Olive Oil
6. 1/2 cup Granulated Sugar
7. 1/4 cup Brown Sugar
8. 2 Eggs, room temperature
9. 1/2 cup Greek Yogurt
10. 1 teaspoon Vanilla Extract
11. 1 cup Organic Pitted Dates, chopped

DIRECTIONS

1. Preheat oven to 350°F
2. In a bowl, whisk together the all-purpose flour, baking soda, and sea salt then set aside.
3. In a second large mixing bowl whisk together mashed bananas, extra virgin olive oil, brown sugar and granulate sugar.
4. Next, add eggs, Greek yogurt and vanilla. Whisk until fully combined.
5. Add the dry ingredients to the wet and use a spatula to mix until almost all of the dry ingredients are incorporated, do not over mix.
6. Lastly, fold in the chopped dates then transfer the batter into a parchment lined loaf pan and bake for 45-55 minutes, or until a knife inserted in the center comes out clean.
7. Allow to cool for 15 minutes before removing from loaf pan and slicing to serve.

#TheOneILove

CONTACT US
onlinesales@terradelyssa.com

FOLLOW US

VISIT
terradelyssa.com